

ANXIETY WORKSHEET

1	<p><u>SITUATION</u> What is the situation that is causing me to worry?</p>	
2	<p><u>MY WORRY</u> What am I telling myself when I am most worried about this situation?</p>	
3	<p><u>WORST-CASE SCENARIO</u> What is the worst-case scenario that I am most worried about?</p>	
4	<p><u>COPING WITH WORST CASE</u> How could I cope if the worst-case scenario happen?</p>	
5	<p><u>BEST-CASE SCENARIO</u> What is the best-case scenario in this situations?</p>	
6	<p><u>COPING WITH BEST-CASE</u> How could I cope with that?</p>	
7	<p><u>MOST-LIKELY SCENARIO</u> What is the most-likely scenario that could happen?</p>	
8	<p><u>COPING WITH MOST-LIKELY CASE</u> How could I cope with that?</p>	
9	<p><u>PREPARING FOR THE FUTURE</u> What will I decide to do in light of all of this?</p>	